

CCC

100%

**PDA**

**PRAYER**

**DISCIPLESHIP**

**ACCOUNTABILITY**

**PRAYER DISCIPLESHIP ACCOUNTABILITY**

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**pda's** are groups of 3 who agree to meet for an hour a week to support each other in the realities of living as Jesus intended.

There are 2 main formats:

**app1** and **app2**.

**pda's** run for a few weeks and then review where they have got to, what God has done and whether to continue. Each person has this pack containing the apps and space to write any action they are aiming to take that week.

### How does a pda hour work?

Ideally you need:

- 3 people of the same gender
- One regular, weekly hour
- A venue where you are not going to be disturbed, and are able to pray
- Your pda pack
- One person designated as timekeeper for that session

**Silence:** Closing off our souls from sounds, noise, music and words. This stills the inner clatter of our hearts, and helps us to be increasingly attentive to God.

**Simplicity:** A single-hearted focus on God results in an outward lifestyle of modesty and openness. This checks our hunger for status, glamour and luxury.

**Solitude:** Creating an open, empty space in our lives by abstaining from interaction with others puts us in a place to be found by God.

**Study:** Engaging the mind with the Bible and God's world so the mind conforms to the thing on which it concentrates.

**Submission:** Allowing God to direct your life and allowing others to input into your life.

**Worship:** Expressing the greatness and goodness of God and entering into his dynamic presence.

### Spiritual Gifts

**Word of wisdom:** A general or specific insight into God's purposes.

**Word of knowledge:** Reveals stuff we don't know.

4. It's important for the other two to listen well when the third is speaking, but they are also free to ask further questions, particularly along the lines of: 'What's your experience of God this week?' and 'In what practical ways will you make space for your chosen focus?'
5. After the three 10-minute sessions you pray for each other. Ideally, you would stand together. Give a few moments for anyone to confess anything to God they want forgiveness for (out loud or quietly). After that, lay hands on one another in whatever order, asking that God fill that person with his Spirit, adding in any particular requests.
6. Unless God has other plans, finish on time.

<b>NAME:</b>				
<b>Date</b>				
<b>Character to ask for</b>				
<b>Temptations to resist</b>				
<b>Practices to engage in</b>				
<b>Gifts to pursue</b>				

**Spiritual Practices**

**Celebration:** Taking delight in ourselves, our life and our world builds confidence in God.

**Confession:** Sharing weaknesses and failures with God and trusted friends, through which we experience grace, forgiveness and healing

**Fasting:** Abstaining from food, so we learn to be strong when we don't get what we want.

**Fellowship:** Engaging with other disciples enlarges our capacity to experience more of God.

**Giving:** Giving money releases us from the love of money.

**Meditation:** Prayerful ruminating on God, His word and His world.

**Prayer:** Interactive conversation with God about what we and God are thinking and doing together.

**Sacrifice:** Forsaking the security of satisfying our own needs with our resources - in the faith that God will sustain us.

**Secrecy:** Consciously refraining from having our good deeds and qualities generally known disciplines our longing for recognition.

**Service:** Loving, thoughtful, active promotion of the good of others and God's causes in our world helps us to go beyond ourselves.

focuses on gifts, characteristics & practices to aim for and temptations to resist

1. One person prays, focusing the group on God's presence.
2. The timekeeper gives each person 10 minutes to report back on how the previous week went and to say what they are aiming at this week.
3. It's crucial to see the categories in the pack as a training programme for spiritual fitness, not as ends in themselves. So the most important questions are not: 'Did you fast for as long as you wanted to?', but are: 'Did you experience God this week?' and 'What do you think God was doing in and through you this week?' We are co-operating with the Holy Spirit by training ourselves to live more of Jesus' abundant life.

<b>NAME:</b>
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Date				
Character to ask for				
Temptations to resist				
Practices to engage in				
Gifts to pursue				

**Faith:** Unshakeable confidence that God is about to resolve an impossible situation.

**Gifts of healing:** Healing illness in the power of the Spirit.

**Miraculous powers:** Performing acts of extraordinary supernatural power.

**Prophecy:** Speaking out God's words.

**Discerning of spirits:** Discerning what's behind something; God, people or spirits.

**Speaking in tongues:** Speaking an unlearned prayer language.

**Interpretation of tongues:** Knowing what a tongues-speaker is praying.

**Hospitality:** Opening your home and your life to others.

**Teaching**

**Encouraging**

**Giving**

**Leading**

**Expressing compassion**

**Character to grow into**

Love - Joy - Peace - Patience  
Kindness - Generosity - Faithfulness  
Gentleness - Self-control

Don't "try hard" to be this kind of character, but simply ask. It's the fruit of the Spirit's work in us.



